MOVEMENT
by David

BEGINNER - INTERMEDIATE

4 WEEKS TO TOTAL HIP MOBILITY

David Thurin

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ABOUT ME

Let me introduce myself; I'm David Thurin, your new flexibility coach. I'm based near Los Angeles, California, and I didn't start practicing flexibility till I was in my 20s!

I am a comprehensively certified Pilates instructor. I taught for years where I loved 1 on 1 coaching, but instead of Pilates, I now focus on flexibility. The rest is history.

I have over 3 million followers across all major social media platforms, allowing me to spread the word on health and wellness to help individuals like yourself live fuller lives.

My mission is simple. I want to change the fitness industry for the better. I want to inspire people to get up and be active with every post and piece of content I put into the world. I believe people should move and be active not because it's expected of them but because it makes them feel good.

Discovering the world of mobility and flexibility changed my life. It allowed me to feel confident within my environment and has given me control over my own body.

I hope to continue educating and entertaining people worldwide through science and evidence-based content so you, too, can live the Flexy lifestyle.

-David

WHAT'S IN IT FOR YOU?

If this is your first e-book from me, welcome! I'm glad you're here. These effective routines will take a shockingly little amount of time to complete. The cool thing is you don't need much time to build mobility! You just need to know what to do.

By the end of this program, you will gain the following:

- Increased hip mobility
- Greater hip stability & flexibility
- Healthier hip joints
- Increased range of motion
- Reduced risk of lower back and knee pain

Over these next 4 weeks, you should see an improvement in the mobility and flexibility of your hip joints - one of the biggest and strongest joints in the body! The best part about improving your hip mobility is how applicable it is in everyday life. Whether you sit or stand all day, healthy hip joints is crucial to longevity.

Fully functioning hips are important in helping prevent body aches and pains in your back and knees.

I can't wait for you to get started!

Stay Flexy!

WARM UP

It's important for your body to be warmed up (literally warm) before stretching. This helps your muscles get ready to stretch by increasing circulation and minimizing the chance of injury or strain.

Stretching after a workout is great because your muscles are already warmed up. But if you're stretching at a different time or feeling a little stiff, do a few of the following to warm up:

Dynamic movements, 2 sets of 10-15 reps

- Leg swings
- Push ups (can do it against a wall or on your knees)
- 5 minutes of moderate cardio (brisk walk)
- Jogging in place
- Body weight squats

SCHEDULE 1: WEEK 1

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel
ATG Split Squat	1	10	N/A	Dynamic Active	Keep knees over your toes and torso upright. Don't hyperextend lower back and keep foot flat.
Pancake Stretch	2	N/A	30 seconds	Static Passive	Keep back as straight as possible, flex your quads and hip flexors, and don't rush the movement!
Elevated Pigeon Stretch	2	N/A	30 seconds	Static Passive	Keep spine neutral, drop hips towards the ground. Feel a stretch in your glutes.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Standing Hamstring Kick	1	15 each side	N/A	Dynamic Passive	Hold on to a sturdy structure for stability and keep legs as straight as you can.
Wide Stance Squats	1	10	N/A	Dynamic Active	Place feet twice hip-width apart and toes pointing slightly outward. Bring legs parallel to ground.
Runners Lunge	2	N/A	30 seconds	Static Active	From a plank position, and step forward. Relax hips & back and sink them towards the ground.
Butterfly Stretch	2	N/A	30 seconds	Static Passive	Hold feet with hands and rest elbows on your knees. Apply pressure to knees to deepen stretch.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel
ATG Split Squat	1	10	N/A	Dynamic Active	Keep knees over your toes and torso upright. Don't hyperextend lower back and keep foot flat.
Pancake Stretch	2	N/A	30 seconds	Static Passive	Keep back as straight as possible, flex your quads and hip flexors, and don't rush the movement!
Elevated Pigeon Stretch	2	N/A	30 seconds	Static Passive	Keep spine neutral, drop hips towards the ground. Feel a stretch in your glutes.

SCHEDULE 1: WEEK 2

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Standing Hamstring Kick	1	15 each side	N/A	Dynamic Passive	Hold on to a sturdy structure for stability and keep legs as straight as you can.
Wide Stance Squats	1	10	N/A	Dynamic Active	Place feet twice hip-width apart and toes pointing slightly outward. Bring legs parallel to ground.
Runners Lunge	2	N/A	30 seconds	Static Active	From a plank position, and step forward. Relax hips & back and sink them towards the ground.
Butterfly Stretch	2	N/A	30 seconds	Static Passive	Hold feet with hands and rest elbows on your knees. Apply pressure to knees to deepen stretch.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
90/90 Hip Switch	1	10 switches	N/A	Dynamic Active	Sit and rotate one leg into internal rotation and the other into external location. Keep knees at 90 degrees.
Seated Good Mornings	1	10	N/A	Dynamic Active	Sit wider then shoulder width apart, keep spine neutral and bend at the hip forward.
Figure Four Stretch	2	N/A	30 seconds	Static Passive	Lie on back, cross right ankle over left knee. Using arms, pull left leg toward your chest.
Kneeling Hip Flexor Stretch	2	N/A	30 seconds	Static Passive	Place one foot forward, keeping torso upright, and slowly lean forward.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Seated Good Mornings	1	10	N/A	Dynamic Active	Sit wider then shoulder width apart, keep spine neutral and bend at the hip forward.
90/90 Hip Switch Hold	1	N/A	30 seconds	Static Passive	Get into 90/90 hip switch stretch and hold each side, going deeper as time passes.
Couch Stretch	1	N/A	30 seconds	Static Passive	Keep back straight, squeeze your glutes, press hip to the ground. Don't forget to breathe.

SCHEDULE 1: WEEK 3

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
90/90 Hip Switch	2	20 switches	N/A	Dynamic Active	Sit and rotate one leg into internal rotation and the other into external location. Keep knees at 90 degrees.
Seated Good Mornings	1	15	N/A	Dynamic Active	Sit wider then shoulder width apart, keep spine neutral and bend at the hip forward.
Figure Four Stretch	2	N/A	30 seconds	Static Passive	Lie on back, cross right ankle over left knee. Using arms, pull left leg toward your chest.
Kneeling Hip Flexor Stretch	2	N/A	30 seconds	Static Passive	Place one foot forward, keeping torso upright, and slowly lean forward.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Elephant Walk Stretch	2	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Standing Good Mornings	1	15	N/A	Dynamic Active	Stand shoulder width apart. Slightly bend knees, lean forward as you bend at the hips
90/90 Hip Switch Hold	2	N/A	30 seconds	Static Passive	Lift arms, head, shoulders, and legs off the floor at the same time.
Couch Stretch	2	N/A	30 seconds	Static Passive	Keep elbows and forearms on wall behind you. Try to keep butt on wall, or work up to it.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Deep Squats	2	15	N/A	Dynamic Active	Place feet hip-width apart and toes pointing slightly outward. Bring legs below parallel to ground.
Butterfly Stretch Pulses	1	30	N/A	Dynamic Active	Hold feet with hands and rest elbows on your knees. Apply pressure to knees to deepen stretch.
Seated Good Morning Hold	2	N/A	30 seconds	Static Active	Sit wider then shoulder width apart, keep spine neutral and bend at the hip forward and hold.
Wall Deep Squat	2	N/A	30 seconds	Static Passive	Place feet hip-width apart against a wall. Keep back on wall and slide down below parallel.

SCHEDULE 1: WEEK 4

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Cossack Squat	2	8 each side	N/A	Dynamic Active	Stand twice hip-width apart, shift weight onto one foot. Squat down until hip is below knee.
Standing Hip Rotations	1	10 each side	N/A	Dynamic Active	Squeeze your glutes to help rotate your hip outwards to increase range of motion.
Hip Flexor Quad Stretch	2	N/A	30 seconds	Static Passive	Place one foot forward, keeping torso upright, and slowly lean forward.
Seated Spinal Twist	2	N/A	30 seconds	Static Passive	Keep one left on the outside of the other. Use elbow to help increase stretch and rotation

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Deep Squats	2	15	N/A	Dynamic Active	Place feet hip-width apart and toes pointing slightly outward. Bring legs below parallel to ground.
Butterfly Stretch Pulses	1	30	N/A	Dynamic Active	Hold feet with hands and rest elbows on your knees. Apply pressure to knees to deepen stretch.
Seated Good Morning Hold	2	N/A	30 seconds	Static Active	Sit wider then shoulder width apart, keep spine neutral and bend at the hip forward and hold.
Wall Deep Squat	2	N/A	30 seconds	Static Passive	Place feet hip-width apart against a wall. Keep back on wall and slide down below parallel.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Cossack Squat	2	8 each side	N/A	Dynamic Active	Stand twice hip-width apart, shift weight onto one foot. Squat down until hip is below knee.
Standing Hip Rotations	1	10 each sice	N/A	Dynamic Active	Squeeze your glutes to help rotate your hip outwards to increase range of motion.
Hip Flexor Quad Stretch	2	N/A	30 seconds	Static Passive	Place one foot forward, keeping torso upright, and slowly lean forward.
Seated Spinal Twist	2	N/A	30 seconds	Static Passive	Keep one left on the outside of the other. Use elbow to help increase stretch and rotation

COMMENTS FROM DAVID

Congratulations - you're at the end of the guide! You should be feeling great! Hip mobility and flexibility is important because it increases your range of motion, reduces tension, and reduces the risk of injury. We use our hip joints for just about every task from sitting at a desk or driving a car to standing and walking everyday. Flexibility and mobility are necessary to keep our bodies healthy.

However, the most important thing is doing something positive for yourself.

Thank you for taking the time to complete this guide and for trusting me to be your flexibility expert! The support you have shown me means the world.

Stay Flexy!

-David

FAQs

1. **What does static, dynamic, active and passive stretching mean?**

   Static and Dynamic refers to whether or not there is movement in the stretch. Dynamic means movement and Static means there is no movement. Passive and Active refers to whether or not the muscle being stretched is flexed or not! Passive means you relax the muscle as much as possible. And Active means you flex it as much as you can do safely!

2. **Should the movements feel uncomfortable?**

   These movement will sometimes feel uncomfortable especially if you have limited mobility, but it should never be painful. It's good to push yourself but you never want to feel pain.

3. **Is the warm up necessary?**

   It’s not the end of the world if you do not warm up. BUT having a warm up first will give you the LOWEST possible chance of injury and increase the effectiveness of each session.

4. **Should I stretch if I'm sore?**

   Yes! The soreness will not affect the session. For some, stretching even helps with delayed onset muscle soreness. Be sure to warm up properly and not push yourself too hard if you are feeling very sore.

5. **Can I do this before a workout?**

   Preferably not - because this stretching routine is a bit comprehensive it is meant to be performed on its own or after a workout. Overstretching before a workout can decrease the effectiveness of the workout!

FAQs

6. What if I miss a day?

That's totally okay! I did not assign specific days for this reason. As long as you fit in the 3 days of stretching into a week, theres no problem with what days you choose. The most important component is consistency. Even if you do miss a entire day out of the week, just keep going into the next!

7. Do I stop the program after the 4 weeks?

Definitely not! Your first flexibility gains are mostly neural. That means your brain is finding out that it’s safe to explore those deep ranges of motion. So you can lose those gains as fast as your made them! It take a while before they start to stick.

If you have any questions feel free to send them my way: **David@stayflexy.co**

Click here!

DISCLAIMER

David Thurin is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. David Thurin and/or MBD will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.

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